

MOVE IT AUS - BETTER AGEING GRANT PROGRAM



Australian Government
Australian Sports Commission

MOVE IT AUS - BETTER AGEING GRANT PROGRAM PROGRAM GUIDELINES



A MESSAGE FROM THE MINISTER

Australians are living longer, so how can we ensure sport and physical activity is making a meaningful contribution to healthier and happier lives?

As part of the 2018–19 Federal Budget, the government is investing more than \$230 million to implement a range of sport and physical activity initiatives that will see more Australians moving more often.

Among this suite of initiatives, we are launching the Move It Aus - Better Ageing Grant Program, a \$22.9 million Program over two years which will incentivise sports and physical activity providers to innovate and keep older Australians active. The aim will be to reach Australians aged 65 and over so that sport and physical activity can enrich their lives.

With an ageing population, the health and wellbeing of older Australians is vitally important.

Being healthy, active and connected is important for body and mind, and our commitment to getting older Aussies moving as part of the Move It Aus - Better Ageing Grant Program aims to reduce cardiovascular and metabolic problems, control weight, combat chronic disease and help prevent falls.

Being physically active also has significant mental health benefits. It reduces the risk of social isolation, improves connections to the community, and promotes a general sense of wellbeing.

Through the Program, Australian national sporting organisations, national sporting organisations for people with disability, non-government and local government organisations have the opportunity to develop and implement local, community-based activities which focus on physical activity among senior Australians.

The Coalition Government is committed to helping older Australians understand the importance of physical activity, and making it easier to access relevant activities, designed specifically for participants.

We can't wait to see grant recipients promoting their activities with targeted messaging to people through their networks, including workplaces, aged care services, retirement villages, and sports and recreation centres.

We want older Australians to live the life they want – and the future health and wellbeing of older Australians lies in all of our hands.

Senator the Hon. Bridget McKenzie
Minister for Sport

CONTENTS

A Message from the Minister	ii
1. Introduction	iv
2. Program overview and objectives	iv
3. Important dates	1
4. Grant amount and project duration	2
4.1 Grant amount	2
4.2 Project duration	2
5. Eligibility criteria	3
5.1 Who is an eligible primary grant applicant?	3
5.2 Who is not eligible as a primary grant applicant?	3
5.3 Partner organisations	3
5.4 Project location	4
5.5 Eligible projects and activities	4
5.6 Ineligible projects and activities	4
6. Selection criteria	5
6.1 Selection criteria 1 – Getting the inactive active (30%)	5
6.2 Selection criteria 2 – Physical and mental wellbeing and social connectedness (30%)	5
6.3 Selection criteria 3 – Project Delivery (40%)	6
7. How to apply	7
7.1 Attachments to your application	7
8. Application assessment	8
8.1 Final approval	8
9. Notification	8
10. Successful applicants	9
10.1 Funding Agreement	9
10.2 Payment	9
10.3 Monitoring and compliance	9
10.4 Project variations	11
10.5 Organisation details	11
10.6 Events and Program promotion	11
10.7 Program evaluation	12
10.8 Tax obligations	12

11. Conflicts of interest	12
11.1 Applicant conflict of interest responsibilities	12
11.2 Sport Australia conflict of interest responsibilities	12
12. How Sport Australia will use your information	13
12.1 Treatment of confidential information	13
12.2 Personal Information	13
12.3 Reporting	14
12.4 Freedom of information	14
13. Grant Acknowledgement	15
14. Enquiries and feedback	15
Appendix A – Definitions of key terms	16
Appendix B – Supporting Physical Activity in Older Australians	18
What insights are available?	18
Understanding the Audience	19

1. INTRODUCTION

These guidelines set out the funding requirements for the Move It Aus - Better Ageing Grant Program (the Program). The Australian Sports Commission, referred to in these guidelines as 'Sport Australia', is responsible for administering these guidelines.

A glossary of key terms used in these guidelines is attached at Appendix A.

Further information is available at www.sportaus.gov.au/betterageing to help determine if your project is eligible and to prepare your application. All necessary consultations, planning and approvals should be completed prior to the application process.

2. PROGRAM OVERVIEW AND OBJECTIVES

As part of the More Choices for a Longer Life package, the Australian Government is investing \$22.9 million over two years from 2018-19, to increase participation in physical activity among Australians aged 65 years and older, which will contribute to improving their overall health and wellbeing.

This investment will be made through the Move It Aus - Better Ageing Grant Program (the Program) which aligns with Sport Australia's mission to get more Australians moving more often.

The objectives of this Program are to:

- get inactive older Australians active;
- enhance older Australians' understanding of the benefits of regular physical activity including physical and mental wellbeing, and the benefits of social connectedness; and
- enhance the capability and capacity of organisations and staff responsible for delivering age-appropriate activities to older Australians.

Program Overview:

Australians are living longer than ever before with the number of Australians aged 65 years and over expected to double in the next 40 years. To make the most of the opportunities a longer life provides, Australians need to prepare early to be healthy, independent, connected and safe. There is substantial evidence that physical activity, including structured exercise and sport participation, can contribute to improving a person's physical and mental wellbeing, and facilitate social connectedness.

There is also evidence that participation in regular physical activity can minimise the physiological effects of a sedentary lifestyle and increase active life expectancy, by limiting the development and progression of chronic disease and disabling conditions.

Currently only 25 per cent of Australians over 65 meet the physical activity guidelines as outlined below:

Summary of Australian Physical Activity and Sedentary Behaviour Guidelines

	Ages 2-5	Ages 5-12	Ages 13-17	Ages 18-64	Ages 65 and over
Physical activity	At least 180 minutes per day	At least 60 minutes per day	At least 60 minutes per day	At least 150 minutes over 5 sessions per week	At least 30 minutes per day

Source: Australian Institute of Health and Welfare 2018. Physical activity across the life stages. Cat. no. PHE 225. Canberra: AIHW

For the purposes of the Program, physical inactivity is defined as: *'People who do less than 30 minutes of moderate physical activity on most days each week'*, in line with the Physical Activity Recommendations for Older Australians.

Successful applicants will be responsible for demonstrating how they intend to increase the levels of physical activity of Australians aged 65 years and over, to improve their overall health and wellbeing, particularly by:

- enhancing older Australians' understanding of the benefits of regular physical activity;
- improving access to sport and physical activity opportunities amongst older Australians through more deliverers providing age-appropriate initiatives;
- enabling sport and physical activity to be a regular component of the participants lives; and
- enhancing the capability and capacity of organisations and staff responsible for delivering age-appropriate activities to older Australians.

Longer term outcomes of this Program may include:

- improving the physical health of older Australians, including improved aerobic capacity, muscle strength and increased mobility and balance, leading to extended independence;
- improved mental health of older Australians through strengthened social connectedness, decreased isolation and stronger intergenerational interaction;
- improved collaboration and recognised partnerships between organisations involved in getting older Australians more active;
- enhanced understanding of the benefits of activity for older Australians; and
- a stronger evidence base about the opportunities to get older Australians more active, including improved market analysis and examples of successful interventions.

3. IMPORTANT DATES

Activity	Key Date
Applications open	8.00am AEST, 20 September 2018
Applications close	5:00pm AEDT, 31 October 2018
Notification of outcomes and funding announcements	From 1 December 2018
Expected completion date	30 December 2020



4. GRANT AMOUNT AND PROJECT DURATION

4.1 Grant amount

Grants of up to \$2 million per organisation are available over a two-year period, and will be paid to primary grant recipients in instalments against agreed identified milestones. Due to the need for the Program to provide national outcomes, programs that offer large scale will be preferred.

Grant amounts will be determined as part of the assessment process and may not be at the level applied for. Grants will be allocated to make the most effective use of the Program funds.

4.2 Project duration

Projects can commence after a funding agreement has been executed. Projects are of two years duration. Delivery must commence by the end of first quarter 2019 and be completed within the timeframe specified in the funding agreement.

5. ELIGIBILITY CRITERIA

Applicants and projects must meet the **eligibility criteria** to be considered for funding.

5.1 Who is an eligible primary grant applicant?

Program funding will be provided to a primary grant applicant. Each grant will have one primary grant applicant.

To be eligible, primary applicants must be one of the following Australian entity types and must have been operating for 12 months or longer:

- Sporting Organisations including National Sporting Organisations and National Sporting Organisations for people with a disability;
- a Non-Government Organisation (NGO) including physical activity organisations; and/or
- a Local Government Organisation. The Australian Capital Territory does not have local government organisations and is therefore eligible to apply.

5.2 Who is not eligible as a primary grant applicant?

You are ineligible to apply if you are:

- a for-profit organisation;
- an individual, partnership or trust;
- a school; or
- a Commonwealth, state or territory government agency or body (including government business enterprises but excluding the Australian Capital Territory).

5.3 Partner organisations

Applications must be submitted by one eligible organisation.

Sport Australia encourages primary grant applicants to consider partnering with other organisations (including those not eligible to be a primary grant applicant), to enhance the delivery of the project.

Partner organisations may assist with:

- providing expertise in the needs of older Australians and/or the development of appropriate physical activity programs;
- the education of and communication to stakeholders;
- supporting the delivery of the project; or
- monitoring, evaluating and reporting project outputs and outcomes.

5.4 Project location

Sport Australia will seek national coverage across the total grant pool, however it is not a requirement for Projects to be delivered on a national scale. Given that the intent is to ensure that as many older Australians as possible have access to this program, applicants should maximise the reach of their program (number of participants/communities involved) and the location (considering delivery in regional, remote and lower socio-economic locations).

Please note all grantees should include a list of locations in which delivery will occur prior to the commencement of delivery.

Sport Australia may work with grantees to target specific locations. This will ensure communities who are at risk of inactivity benefit from the program and will help to manage the national distribution of the Program.

5.5 Eligible projects and activities

The Program will fund eligible organisations to implement initiatives to encourage older Australians, particularly those less active, to incorporate participation in sport or physical activity into their everyday lives. Priority will be given to projects that best demonstrate how they will achieve the Program's objectives and their ability to meet the selection criteria.

Each successful applicant must demonstrate capability building to ensure ongoing local community benefit for older Australians. Programs that develop an increased workforce, with the capability to help older Australian's to become more active, will be valued highly.

Examples of participation based sport and physical activity programs may include, but are not limited to:

- modified sports initiatives that include adapted time, equipment, playing formats, rules, non-physical contact or intensity; and/or
- activities that develop greater flexibility, strength, balance and endurance.

Further examples may be found at campaigns.health.gov.au/longliveyou.

Programs should be designed to accommodate diversity and an ease of access for older Australians (e.g. location, socio-economic status and equipment requirements).

Expenditure of grant funds is restricted to activities directly related to project details which have been specified in the funding agreement.

5.6 Ineligible projects and activities

Examples of projects/activities that will not be funded will include:

- stand-alone, one-off events;
- established projects that are already operating (and do not offer increased scope, reach or scale);
- ongoing operational costs beyond the life of the Program;
- high performance sport (including elite, representative sport and Masters sport);
- purchase of capital assets (e.g. buildings, motor vehicles, furniture);
- requests for retrospective funding; or
- International travel.

6. SELECTION CRITERIA

Eligible applications will be assessed against the following selection criteria:

1. Getting inactive older Australians active.
2. Physical and mental wellbeing and social connectedness of older Australians.
3. Project delivery and operational capability development.

6.1 Selection criteria 1 – Getting the inactive active (30%)

Increasing older Australians' participation in sport or other physical activity, particularly those less active

This will be demonstrated through identifying:

- a. a clear understanding of current market insights for older Australians;
- b. how you will engage inactive older Australians who are living independently to participate in the program;
- c. how the program will contribute to ongoing physical activity for older Australians;
- d. the ability to deliver to older Australians with age-appropriate activities;
- e. how you will ensure that your program is accessible to the differing needs of individual participants;
- f. risk mitigation strategies to accommodate the needs of this cohort (e.g. undertake medical pre-screening, providing safe environments and age-appropriate modifications).

6.2 Selection criteria 2 – Physical and mental wellbeing and social connectedness (30%)

Improve the physical and mental wellbeing and social connectedness of older Australians

This will be demonstrated by identifying how the program will:

- a. establish a baseline of the strength, flexibility, aerobic capacity and/or balance of older Australians and demonstrate incremental improvement over time;
- b. educate older Australians of the benefits of sport and physical activity in reducing the prevalence and severity of chronic diseases and depression, and improving their cardiovascular health;
- c. improve the participant's social connectedness and decrease social isolation;
- d. encourage local community volunteering and engagement;
- e. strengthen community connections by engaging inclusive practices and policies that foster a safe and welcoming environment.



6.3 Selection criteria 3 – Project Delivery [40%]

Capacity, capability and resources to carry out the project and deliver ongoing sector improvement

This will be demonstrated by:

- a. providing a project plan that effectively outlines the project scope, key deliverables, costs, risks, milestones and timeframe;
- b. outlining skills and experience of the project team to manage both the project and the grant funding;
- c. outlining how the project will increase the workforce competency to target older Australians;
- d. outlining how you will educate and support local community organisations;
- e. outlining how the project aligns to the strategy and values of the primary grant applicant and any partner organisation/s;
- f. outlining the reach of your project;
- g. communicating project information with messaging and imagery targeted at older Australians.

7. HOW TO APPLY

To be considered, applicants must meet all relevant requirements. To ensure consideration, please read these guidelines and related materials to make sure you understand all relevant requirements. You can find relevant information at www.sportaus.gov.au/betterageing.

All applications must be submitted online during the funding application period.

To apply, you must:

- submit an online application form via www.sportaus.gov.au/betterageing
- provide all the information that we need to assess your application; and
- consider all eligibility and selection criteria, ensuring you have addressed relevant criteria.

Please ensure your application is complete and accurate. Giving false or misleading information is a serious offence under the Criminal Code 1995 (Commonwealth). We will investigate false or misleading information and may not consider your application for the grant. If you find an error in your application after submitting it, you should notify Sport Australia immediately via email: betterageing@sportaus.gov.au

We cannot accept late applications, additional information or requests to change your submission after the closing date.

If you need further guidance in the application process, are unable to submit an online application or wish to withdraw a submitted application, you can contact Sport Australia via email: betterageing@sportaus.gov.au

7.1 Attachments to your application

You must attach any supporting documentation to the online application, ensuring that the total size of attachments is 25MB or less.

8. APPLICATION ASSESSMENT

All applications will initially be assessed against the eligibility criteria. All eligible applications will then proceed to the selection criteria assessment stage.

During the assessment process, Sport Australia may require further information and may seek to obtain this information from a number of external sources.

We reserve the right to recommend grant amounts that may differ from the amount requested in the application.

Applications will be assessed by an industry panel.

8.1 Final approval

The Commonwealth Minister for Sport will provide final approval of grant recipients and amounts of funding. In addition to the application and supporting material, other factors may be considered when deciding which projects to fund.

While delivery of funding will be on a competitive basis, if, after completing the assessment process, emerging issues have been identified and/or there are priorities that have not been met, other projects may be considered to address these emerging issues (or other forms of financial arrangements with applicants to otherwise further the objectives of the Program). It is expected that, in these cases, the assessment criteria outlined in these guidelines will remain applicable.

The Grant Delegate may require additional conditions be attached to the grant funding.

9. NOTIFICATION

All applicants will be notified in writing of the outcome of their grant application.

The Grant Delegate's decision is final in all matters, including the:

- grant amount to be awarded; and
- terms and conditions of funding.

There is no review or appeals process after the Grant Delegate's final decision.

10. SUCCESSFUL APPLICANTS

10.1 Funding Agreement

Successful applicants will enter into a funding agreement with Sport Australia.

Successful applicants will have 30 days, from the date of a written offer, to execute a funding agreement with Sport Australia ['execute' means both the applicant and Sport Australia have signed the agreement]. The offer may lapse if both parties do not execute the funding agreement within this time. In certain circumstances, Sport Australia may extend this period.

Approval of the grant funding is based on the information provided in your application. Any major changes to details will be reviewed to consider any potential impact on approval by the Grant Delegate.

Grant payment will not be made until an executed funding agreement is in place, and Sport Australia will not be responsible for any project expenditure until this time.

Funding approval may have specific conditions that have been determined through the assessment process. Any such details will be specified in a written offer as well as the funding agreement.

The timeline for completion of the project will be specified in the funding agreement. All projects must be completed by 30 December 2020.

10.2 Payment

The funding agreement will state the:

- maximum funding amount payable to the grantee; and
- any co-contributions applicable to the project.

Sport Australia will not exceed the maximum funding amount under any circumstances. Any extra costs incurred will be the responsibility of the grantee responsible for the project.

Sport Australia will transfer all grant funding electronically into a nominated Australian bank account. Specific requirements for the bank account will be set out in the funding agreement. Sport Australia will issue payment based on:

- agreed progress against milestones; and
- acceptance of satisfactory progress reports.

10.3 Monitoring and compliance

Grantees must provide updated reports about the locations of planned delivery including postcode, LGA, any local community partnerships.

Grantees are required to submit progress and financial reports in line with the funding agreement. Required details for reports include:

- delivery locations;
- progress against agreed project milestones;
- contributions of participants directly related to the project;
- expenditure of grant funds against deliverables; and
- evaluation of increased participation levels and physical activity in older Australians.



Milestones and the amount of detail provided in reports will be proportionate to the project size, complexity and grant amount.

Sport Australia will monitor project progress by assessing submitted reports, and may conduct site visits to confirm details as necessary. In some cases, Sport Australia may need to re-examine claims, seek further information or request an independent audit of claims and payments.

If you become aware of a breach of the terms and conditions under the funding agreement, Sport Australia must be contacted immediately.

10.3.1 Progress report

Progress reports must:

- include the evidence showing completed agreed project activities;
- show the total expenditure incurred to achieve the milestone;
- be submitted within four weeks of the milestone due date or completing a milestone (you can submit reports ahead of time if you have completed the milestone); and
- be in the format provided through SmartyGrants.

Grant payments are made on receipt of satisfactory progress reports.

Any delays associated with project reporting should be discussed with Sport Australia as soon as possible.

10.3.2 End of project report

End of project report requirements will be outlined in the funding agreement. These requirements may include:

- providing evidence as specified in the funding agreement;
- detailing total eligible expenditure incurred for the project;
- an evaluation of the completed project, including outcomes achieved particularly in relation to increased participation;
- acquittal of Sport Australia grant amount and expenditure against deliverables;
- submission within four weeks of completing the project; and/or
- reporting in a format provided in the funding agreement.

10.3.3 Ad-hoc report

Ad-hoc reports may be required for the project. This may include reports to confirm progress, or where required, to explain any significant delays or difficulties in completing the project.

10.3.4 Financial and audit report

Grantees will need to provide an independently audited financial and audit report. A financial and audit report will verify that expenditure of the grant as specified in the funding agreement.

10.4 Project variations

We understand that unexpected events may delay a project's progress. In these circumstances, grantees can request a project variation. Any request should include details of:

- changed project milestones;
- extended timeframe for completion; and
- any changed project activities.

The Program does not allow for an increase to the agreed amount of grant funds as set out in the funding agreement.

Proposed changes to specifications in the funding agreement must be made in writing before the end date of the funding agreement.

If a project delay causes a shift in milestones and payment dates to a different financial year, a variation to the funding agreement will be required. Movement of funds between financial years can only occur if there is sufficient funding to allow for a revised payment schedule. In such cases, where there are insufficient funds, grant funding may be forfeited.

If a variation request is submitted, the following factors will be considered:

- how it affects the project outcome;
- consistency with the Program policy objective; and
- changes to the timing of grant payments.

10.5 Organisation details

You must inform Sport Australia of any key changes to your organisation or its business activities, particularly if they affect the ability to complete the project, carry on business and pay debts due. This includes the following changes:

- name;
- addresses;
- nominated contact details; and
- bank account details.

10.6 Events and Program promotion

You must notify Sport Australia of any events relating to the project and provide an opportunity for the Minister, Local Member of Parliament or their representatives, or Sport Australia delegate to attend. These requirements will be outlined in the funding agreement.

Sport Australia will provide successful applicants with instructions and communications material to be used to promote the existing grant Program, leverage Sport Australia marketing activity and to promote the benefit of being physically active.

Grantees may also be invited to partner with Sport Australia to share insights, develop social media content and case studies to illustrate Program outcomes.



10.7 Program evaluation

The grantee will be responsible for ensuring an evaluation of the project takes place to determine the extent to which funded activities are contributing to the Program objectives and outcomes.

Sport Australia may also conduct interviews, or request information about the grant's impact, to evaluate the program's effectiveness in achieving its outcomes. Sport Australia may contact grantees after a project is completed to assist with this evaluation.

10.8 Tax obligations

Grants are subject to the Goods and Services Tax (GST). If your organisation is GST-registered you will be paid the grant amount plus GST. Budget details in your application should exclude GST.

Grants are assessable income for taxation purposes, unless exempted by a taxation law. We recommend you seek independent professional advice on your taxation obligations or seek assistance from the Australian Taxation Office. We do not provide advice on tax.

11. CONFLICTS OF INTEREST

11.1 Applicant conflict of interest responsibilities

A conflict of interest can occur if private interests conflict with the obligations under the grant. Conflicts of interest could affect the awarding of a grant. A conflict of interest can be:

- real (or actual);
- apparent (or perceived); or
- potential.

As part of your application Sport Australia will ask for a declaration stating any real, apparent or potential conflicts of interests, or that to the best of your knowledge there is no conflict of interest.

If an actual, apparent, or potential conflict of interest is identified at any stage during the project, Sport Australia must be informed in writing immediately.

11.2 Sport Australia conflict of interest responsibilities

Sport Australia recognises that conflicts of interest may arise with our staff, technical experts, and others delivering the Program between:

- their program duties, roles and responsibilities; or
- their private interests.

We manage our conflicts of interest according to the *APS Code of Conduct (section 13 (7) of the Public Service Act 1999)*.

Program officials must declare any conflicts of interest. If Sport Australia consider a conflict of interest to be a concern, that official will not assess any applications.

12. HOW SPORT AUSTRALIA WILL USE YOUR INFORMATION

Sport Australia may share your information with other government agencies for relevant Commonwealth purposes such as:

- to improve the administration, monitoring and evaluation of Australian Government programs;
- for research; and
- to announce grant recipients.

12.1 Treatment of confidential information

Sport Australia will treat information provided by applicants as sensitive and confidential if it meets one of the four conditions below:

1. Is clearly identified as confidential and provides an explanation.
2. The information is commercially sensitive.
3. Disclosing the information would cause unreasonable harm to you or someone else.
4. Applicants provide the information with an understanding that it will stay confidential.

12.1.1 When we may disclose confidential information

Sport Australia may disclose confidential information to:

- Sport Australia's CEO, Board and our employees and contractors, to help us manage the Program effectively;
- the Minister or Parliamentary Secretary;
- the Auditor-General, Ombudsman or Privacy Commissioner; and
- a House or Committee of the Australian Parliament.

Sport Australia may also disclose confidential information if:

- required or authorised by law;
- if agreed to the information being disclosed; or
- someone other than Sport Australia has made the confidential information public.

12.2 Personal Information

Sport Australia must treat your personal information according to the Australian Privacy Principles (APPs) and the *Privacy Act 1988*. This includes informing you:

- what personal information Sport Australia collects;
- why Sport Australia collects your personal information; and
- to whom Sport Australia gives your personal information.

Sport Australia may give personal information collected to our employees and contractors, the Assessment Panel, and other Commonwealth employees and contractors, so we can:

- manage the Program; and
- research, assess, monitor and analyse our programs and activities.

Sport Australia, or the Minister, may:

- announce the names of successful applicants to the public;
- publish personal information on the department's websites;
- decide how we collect, use, disclose and store your personal information; and
- provide you with advice on how you can access and correct your personal information.

12.3 Reporting

Effective disclosure and reporting of administered grants is essential for public accountability. Reliable and timely information on grants is vital for public and government confidence in the quality and integrity of grants administration. In accordance with the Commonwealth Grants Rules and Guidelines (CGRGs), Sport Australia publishes grant recipients and funding details in the Grant Funding Report on its website.

Further information on Sport Australia reporting requirements is available at Section 1.4 and Government mandatory requirements can be found in Part 1 of the CGRGs 2017.

12.4 Freedom of information

The *Freedom of Information Act 1982* and the *Privacy Act 1988* are the main pieces of legislation that provide for access to, and amendment of, personal information. Arrangements for managing Freedom of Information (FOI) requests should be discussed with Sport Australia's FOI Officer.

The FOI Act is about openness and access to government-held information, and is based on the principle that government information should be accessible by the public because it belongs to the public. Consequently, it is important that recorded information is accurate, up to date, complete, not misleading and relevant to the purpose for which it was collected.

The FOI Officer must be contacted to assist with FOI requests. The circumstances under which an agency may refuse a request for information under FOI laws are limited. Advice on possible exemptions should be sought from the FOI Officer.

13. GRANT ACKNOWLEDGEMENT

Approval by Sport Australia is required prior to public announcements around funding. If you make a public statement about a project funded under the Program, we require you, at a minimum, to acknowledge the grant by using the following:

'This project received grant funding from the Australian Government through Sport Australia.'

This may also include the use of Commonwealth Government approved signage. These details will be outlined in the funding agreement.

14. ENQUIRIES AND FEEDBACK

For further information or clarification, you can contact us through our website www.sportaus.gov.au/betterageing

We may publish answers to your questions on our website as Frequently Asked Questions.

A complaint can be lodged using Sport Australia complaints form on our website www.sportaus.gov.au/complaints

APPENDIX A – DEFINITIONS OF KEY TERMS

Term	Definition
Application form	The document that applicants use to apply for funding under the Program.
Assessment Panel	Sport Australia will establish a panel of members with subject matter expertise and independent technical experts to assess applications.
Australia	All states and territories within Australia.
Co-contribution	A co-contribution is a cash or in-kind contribution from the applicant, or sources other than Commonwealth and State or Territory Governments.
Conflict of interest	A situation in which the concerns or aims of two different parties are identified or perceived to be incompatible.
Eligible activities	The activities proposed by a grantee in relation to a project that are eligible for funding support.
Eligible application	An application or proposal for grant funding under the Program that meets the eligibility requirements specified in these Program Guidelines.
For-profit organisation	A business or other organisation which aims to earn profit through its operations and is concerned with its own interests.
Funding agreement	A legally binding contract between Sport Australia and a grantee for grant funding.
Grant Delegate	Commonwealth Minister for Sport.
Grantee	An applicant that has been offered grant funding and executed a funding agreement with Sport Australia in relation to the Program. Also known as primary grant recipient.
Grant funding or grant funds	The funding made available by Sport Australia to successful applicants under the Program.
Inactive	People who do less than 30 minutes of moderate physical activity on most days each week.
Independent living	The ability to take care of oneself, including performing normal tasks of daily living such as eating, bathing and taking medication.
In-kind contributions	In-kind contributions are non-cash contributions towards your total project cost. In-kind contributions must directly relate to delivering the project activities.
Local Government	The local governing body of a defined local government area. Generally referred to as a council however, dependent on geographical location, may also be referred to as a: Borough; City; District; Municipality; Region; Shire; Town; Community government; Aboriginal shire; or Island.
Local Government Area (LGA)	An administrative division of a State or Territory that a Local Government is responsible for.
Minister	Commonwealth Minister for Sport
Non-Government Organisation (NGO)	An organisation which is neither a government agency nor a business operating for profit.
Older Australians	A person aged 65 years and over, or an Aboriginal and Torres Strait Islander aged 55 years and over, living in Australia.

Term	Definition
Partner organisation	An organisation that supports the grantee to deliver project outcomes.
Personal information	Has the same meaning as in the Privacy Act 1988 (Commonwealth).
Physical activity	Any bodily movement produced by skeletal muscles that requires energy expenditure and produces progressive health benefits.
Primary grant applicant	An entity that has submitted a grant application and meets the Program eligibility criteria.
Primary grant recipient	An entity that has been offered grant funding and has entered into a funding agreement with Sport Australia in relation to the Program. Also known as grantee.
Program	Move It Aus - Better Ageing Grant Program.
Program funding or Program funds	The funding made available by Sport Australia for the Program in any given financial year. This amount is specified in the Portfolio Budget Statement (as varied by any Portfolio Additional Estimates Statement or by the Minister) for that year.
Program Guidelines	Guidelines intended to provide the framework for applications to and administration of the Program.
Project	A project described in an application for grant funding.
Project location	The sites where the project is undertaken across Australia.
Project period	The period between the project start date and project end date as detailed in the funding agreement.
Rural and Remote	Encompasses all areas outside Australia's <i>Major cities</i> (these areas are classified as <i>Inner regional</i> , <i>Outer regional</i> , <i>Remote</i> or <i>Very remote</i>) using the Australian Standard Geographical Classification System .
Total eligible project costs	Total eligible project costs include the grant funds plus co-funding to be spent on eligible activities directly related to the project.



APPENDIX B – SUPPORTING PHYSICAL ACTIVITY IN OLDER AUSTRALIANS

What insights are available?

There is evidence that regular physical activity can minimise the physiological effects of a sedentary lifestyle and increase active life expectancy, by limiting the development and progression of chronic disease and disabling conditions.

Several evidence-based conclusions can be drawn relative to sport and physical activity in older adult populations:

- A combination of aerobic, resistance and flexibility activities is more effective than undertaking these activities individually.
- It is now evident that programs do not need to be high intensity to reduce the risks of developing chronic cardiovascular and metabolic disease. However, the outcome of treatment of some established diseases and geriatric syndromes is more effective with higher-intensity exercise.
- The acute effects of a single session of aerobic exercise are relatively short-lived, and the chronic adaptations to repeated sessions of exercise are quickly lost upon cessation of training, even in regularly active older adults.
- The extent to which exercise can reverse age-associated physiological deterioration may depend, in part, on the hormonal status and age at which a specific intervention is initiated.
- Exercise prescription for older adults should include aerobic exercise, muscle strengthening exercises, and flexibility exercises.

Promoting physical activity for older adults is especially important because this population is the least physically active of any age group.

Older adults are a heterogeneous age group, and therefore require different strategies than other age groups to successfully participate in sport and physical activity. It is recommended to develop age-appropriate sporting and physical activity opportunities for older adults, so that sport can be presented as a legitimate option, with customised programs that can be modified to suit varying physical, mental and social needs.

Disease burden due to physical inactivity increased with age, particularly due to the increased occurrence of chronic conditions in later life. A recent study by AIHW identified the physical inactivity burden by linked disease of chronic conditions. In Australians age 65-84 physical inactivity dementia and stroke became an increasing contribution of attributable burden. In Australians age 85+ dementia contributed the greatest attributable burden, followed by coronary heart disease, stroke and diabetes.

A significant benefit of physical activity for retirees is social connection with other individuals, as well as engagement with the broader community. Equally, the encouragement of others to exercise with can be important in helping retirees to continue or get back into physical activity.



Understanding the Audience

Research shows that sport and physical activity participation declines with age, and very few older Australians participate in sport and physical activity.

This can be due to a variety of reasons including:

- competing priorities (such as work/family commitments/caring for family members);
- increased risk of accidents/injuries;
- lack of interest from friends and family;
- lack of transport; and
- income.

Life-stage changes impact older adults' health directly or indirectly through their effect on the underlying behaviours contributing to disease. Retirement is a major life change that can affect diet, activity, and sedentary behaviours. Older adults are often involved as carers, providing care for grandchildren, a partner or elderly family member. While this may reduce time for self-care, such as exercising, engaging in hobbies and socialising, it may be rewarding and lead to activity and social connections. These life stages provide a window of opportunity to engage middle-aged and older people in being more active, reducing sitting time and eating healthily.

Understanding why older adults do not participate in sport or physical activity can inform strategies aimed at engaging them in sport and physical activity.

Older adults who are inactive or who do not meet the recommendations for physical activity, should aim to increase duration, frequency and finally intensity to help achieve the guidelines.

Age-appropriate and modified programs, that take into consideration the physical capabilities of participants and mitigate the risk of injury, will be essential in delivering on these outcomes.